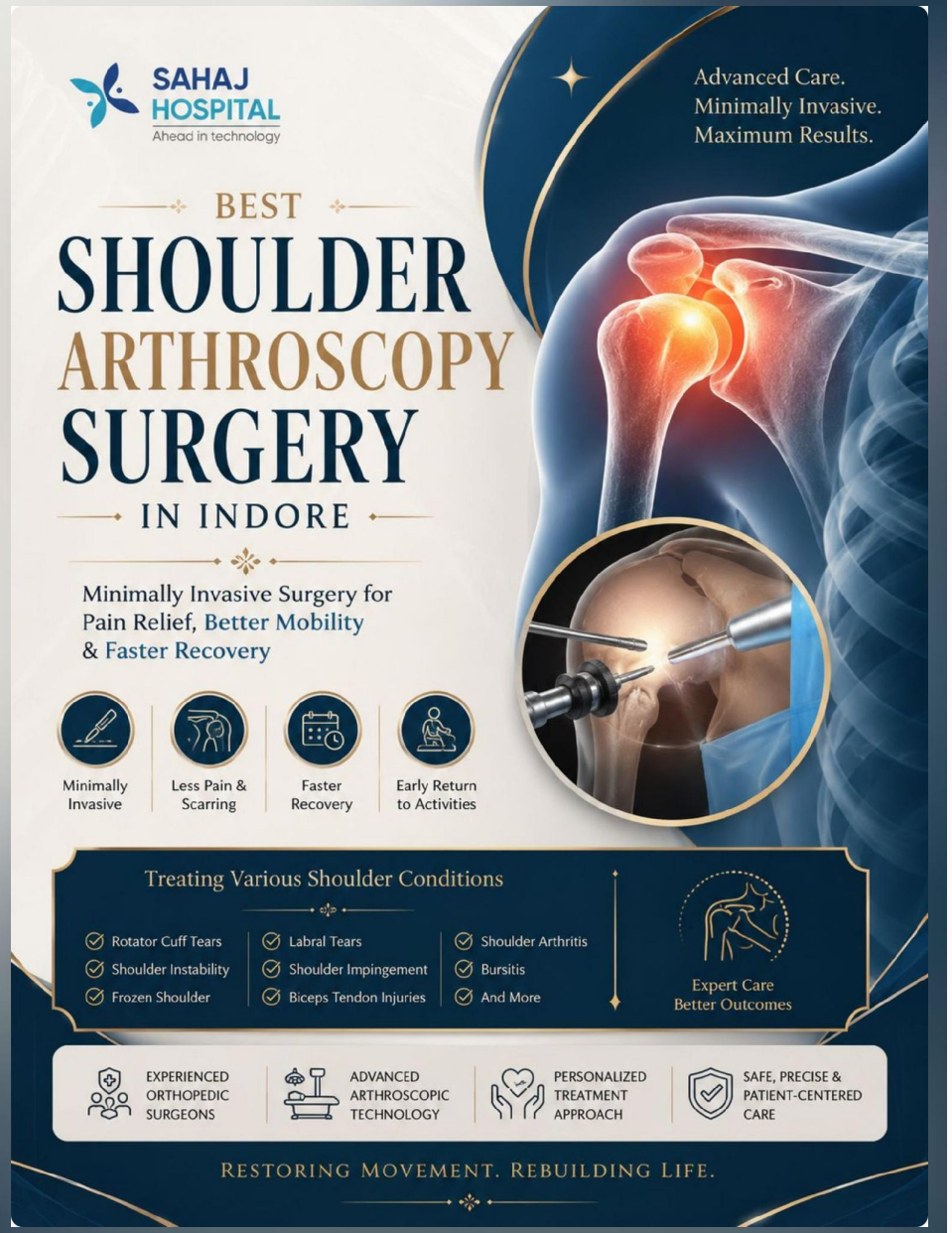


SAHAJ HOSPITAL · INDORE

Best Shoulder Arthroscopy Surgery in Indore

Advanced minimally invasive shoulder surgery for faster recovery and better joint function — using a specialized camera (arthroscope) to diagnose and treat shoulder conditions through tiny incisions.

UNDERSTANDING THE PROCEDURE

What Is Shoulder Arthroscopy?

Shoulder arthroscopy is a **keyhole surgical procedure** that allows orthopedic surgeons to view and treat the inside of the shoulder joint through tiny incisions — preserving healthy tissue while delivering excellent results.

Tiny Incisions

HD Camera View

Less Tissue Damage

Faster Healing

CONDITIONS WE TREAT

Shoulder Conditions Treated with Arthroscopy

Shoulder arthroscopy effectively manages a wide range of disorders affecting mobility, strength, and daily activities.

Rotator Cuff Tears

Tears in the tendons stabilizing the shoulder joint

Instability & Dislocation

Recurrent dislocations and joint laxity

Frozen Shoulder

Stiffness and restricted range of motion

Impingement & Bursitis

Inflamed bursa and tendon compression

Labral (SLAP) Tears

Cartilage ring injuries around the socket

Biceps Tendon Injuries

Tendon damage causing pain and weakness

WHEN TO SEEK HELP

Signs You Should Consult an Orthopedic Specialist

Persistent shoulder pain affecting daily activities or sports should never be ignored. Early evaluation leads to better outcomes.

Persistent Pain

Ongoing discomfort at rest or during movement

Limited Motion

Clicking, popping, or restricted range of motion

Weakness & Instability

Difficulty lifting the arm or repeated dislocations

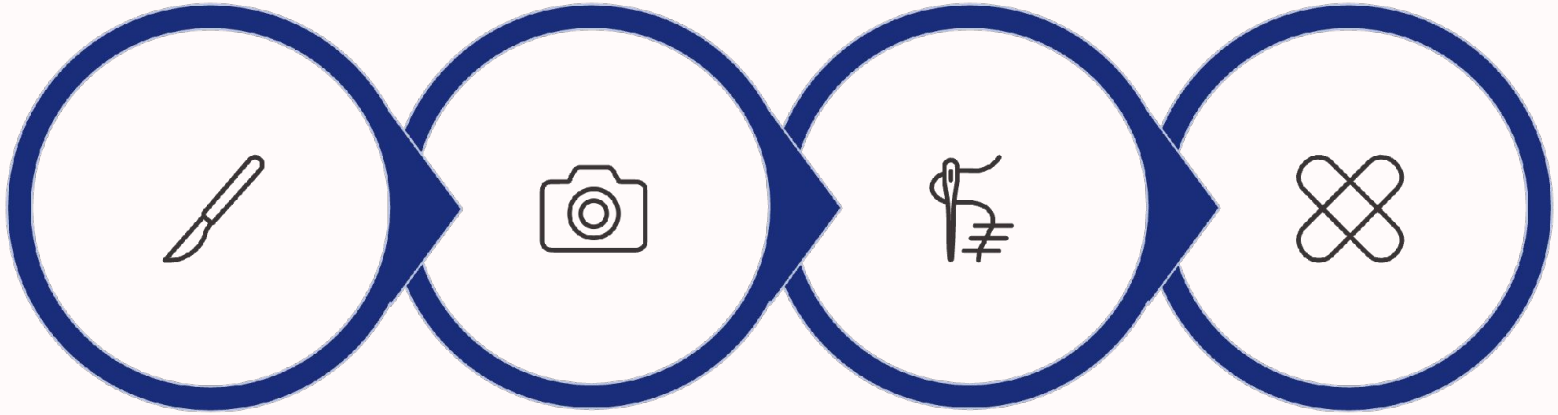
Night Pain

Pain that disrupts sleep

THE PROCEDURE

How Shoulder Arthroscopy Is Performed

A tiny camera (arthroscope) is inserted through small incisions, projecting high-definition images onto a monitor. Specialized instruments then repair damaged tissues with precision.



The minimally invasive approach improves surgical accuracy while reducing blood loss and tissue trauma — supporting a faster, smoother recovery.

WHY ARTHROSCOPY

Benefits of Arthroscopic Shoulder Surgery

Compared to conventional open surgery, arthroscopy offers meaningful advantages for suitable patients.

Smaller Incisions

Minimal scarring and tissue disruption

Less Post-Op Pain

Reduced discomfort after surgery

Faster Recovery

Shorter hospital stay and early rehabilitation

Lower Infection Risk

Smaller wounds mean reduced complication rates

POST-SURGERY CARE

Recovery & Rehabilitation After Surgery

A structured rehabilitation program is essential for restoring shoulder strength, flexibility, and movement after surgery. Following your plan optimizes functional outcomes.

01

Shoulder Sling Support

Protects the joint in the initial phase

02

Pain Management

Controlled medication for comfort

03

Physiotherapy

Mobility and strengthening exercises

04

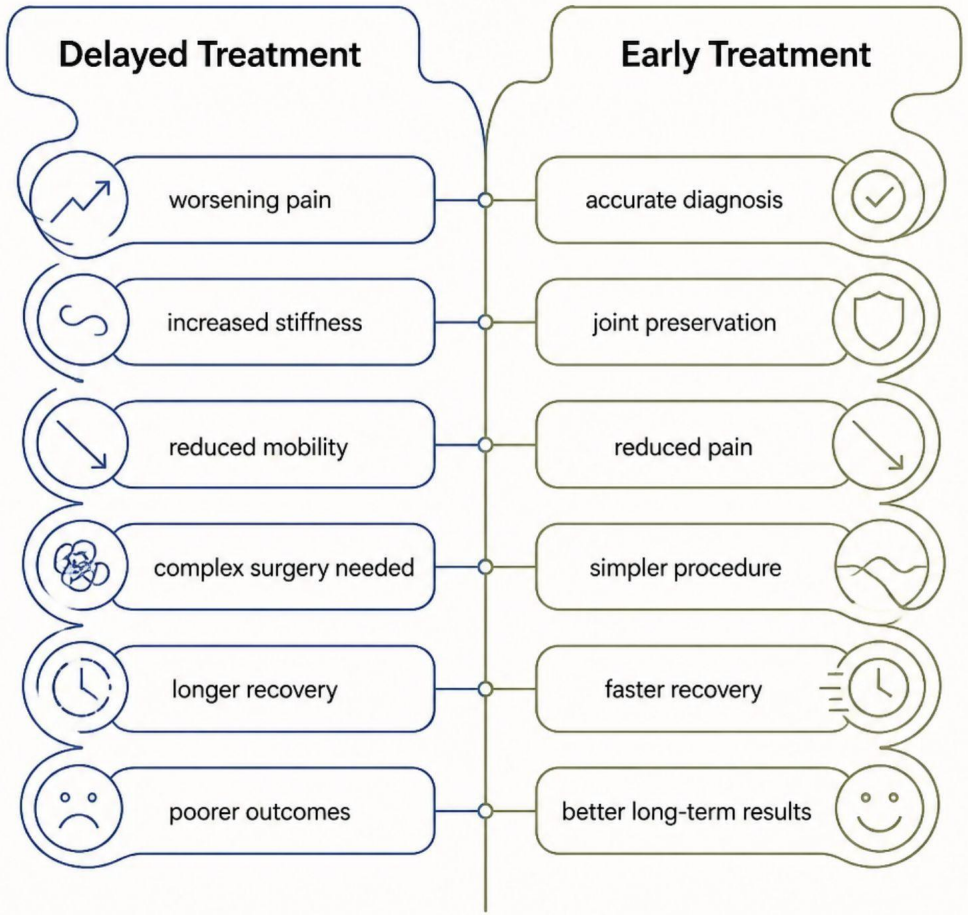
Regular Follow-Up Visits

Monitoring progress and adjusting care

TIMELY CARE MATTERS

Don't Ignore Shoulder Pain

Delaying treatment may lead to worsening pain, stiffness, and permanent loss of joint function. Early orthopedic care preserves your shoulder's long-term health.



Benefits of Early Orthopedic Care

- Early, accurate diagnosis
- Better joint preservation
- Simpler, less invasive procedures
- Faster return to daily activities
- Improved long-term shoulder function

Timely consultation allows our specialists to recommend the most appropriate treatment before the condition worsens.

WHY SAHAJ HOSPITAL

Advanced Orthopedic Care You Can Trust

Sahaj Hospital delivers comprehensive orthopedic services with experienced specialists, advanced surgical techniques, and personalized rehabilitation programs — all focused on restoring your mobility and quality of life.

Experienced Orthopedic Surgeons

Specialists trained in advanced arthroscopic techniques

Modern Operation Theatres

State-of-the-art equipment for precision surgery

Personalized Treatment Plans

Care tailored to your condition and goals

Comprehensive Rehabilitation

Full recovery support from surgery to strength

GET STARTED TODAY

Expert Shoulder Care Begins Here

Persistent shoulder pain, repeated dislocations, or restricted movement should be evaluated by an orthopedic specialist. Early diagnosis can restore your shoulder function and improve your daily life.

📞 Call Us

91+ 82230 82555

📍 Visit Us

15/2, South Tukoganj, Indore, Madhya Pradesh 452001

🌐 Online

sahajhospital.com

Advanced Orthopedic Care

Personalized Treatment

Better Recovery

Book your consultation today and take the first step toward pain-free shoulder function.